



Medusa 'scary face' sausage roll

Prep: 20 minutes • Cook: 20 minutes • Serves: 12



Ingredients

2 x 320g packs of ready rolled puff pastry
340g of sausage meat
3-4 tablespoons chutney
1 egg yolk
1 tablespoon of poppy seeds (optional)

Nutritional info

Low phosphate ✗
Low potassium ✓
Carbohydrate **17.1g**
Low protein ✗
Low salt ✗
Cost per portion (October 2024) **56p**
Energy in kcals **247kcals**

- 1** Pre-heat the oven to 180°C / 160°C fan / gas mark 4 and line a baking tray with greaseproof paper or a silicon mat if you have one. Mix the sausage meat and chutney together.
- 2** Gently lay one sheet of the puff pastry on top of the other, on the lined baking tray. Cut out the bottom left and right corners, up to a third of the way up. Discard the cut-out pastry. Remove the top layer of pastry and set aside.
- 3** Put the sausage meat mix onto the bottom layer of pastry and spread out into an even layer. Leave an edge of pastry all the way around.
- 4** Brush outer edges of pastry with a little of the beaten egg and place the second sheet of pastry over the top and using a fork, press the edges together.
- 5** Using a knife carefully cut out the eyes and the mouth out of the top layer. Using a knife, cut through all the layers to form the "snakes", all the way around the head. Carefully twist each strand of hair.
- 6** Brush the head with an egg yolk wash. Bake in the oven for 20 minutes or until the pastry is golden brown and the sausage meat is fully cooked, then cool. It is delicious served warm from the oven. Divide into 12 portions to serve.